

RECIPE | MELONS



MELLOW MELON SALAD



PURE-FLAVOR.COM

MELOW MELON SALAD



15 min

15 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

FOR THE SALAD:

- 2** Pure Flavor® Solara® Melons
- 1 Dry Pint** Pure Flavor® Sangria® Medley Tomatoes, halved
- 2** ears of corn, shucked and charred
- 1** butternut squash, spiralized
- 1 tbsp** parsley, chopped
- 1 tsp** mint, chopped
- ½ tsp** thyme, chopped
- salt and pepper to taste
- lemon, for garnish

FOR THE DRESSING:

- 1 small** shallot, minced
- 1** lemon, juiced
- ½ cup** olive oil
- 3 tsp** maple syrup
- salt and pepper to taste

DIRECTIONS

- 1** Halve melons and scoop out the seeds. Using a melon baller or spoon, scoop out flesh, chop one melon and wedge the other melon.
- 2** In a blender, blend dressing ingredients until smooth and set aside.
- 3** In a medium bowl, add chopped melon, tomatoes, squash, corn, parsley, mint, thyme, and drizzle with dressing.
- 4** On a serving plate, place the melon wedges, top with melon mixture and garnish as desired. Enjoy!